

A large, bold, white 'QC' logo on a black rectangular background.**MUSIC:**

The Stillhouse Poets have the blues but they keep it fresh **P. 9**

**READ MY BOOK:**

Out of Old Saskatchewan Kitchens offers a glimpse into pioneer history **P. 10**

**GARDENING:**

The hardest climatis varieties suited for life on the Prairies **P. 32**

A large photograph of a man with a beard and short hair, wearing a dark jacket over a green shirt and tie, walking on a city street. He is looking off to the side.

# **AUTHOR ERNIE**

**FROM BADGE TO KEYBOARD,  
THE PEOPLE'S COP  
WRITES WHAT HE KNOWS**  
**P. 5**

# HUGE FLEET LIQUIDATION



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1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 26

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## # ON THE COVER P. 5



Former Saskatoon Police Services officer Ernie Louit (left) and QC cover story's working hard about his life on the force and marginal people. His second book will be out soon. QC PHOTO BY RICHARD MARJAN

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## # MUSIC P. 9



The St. Lawrence Place, David Nelson and Kirk Huxell, take credit in understanding, while trying to pay for music. (Photo by David Nelson and Kirk Huxell) QC PHOTO BY RICHARD MARJAN

## QC COVER PHOTO BY RICHARD MARJAN

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# IN THE CITY

F MAY 3, 2015 — 1:22 P.M.

## Shell game



Alison Green with an aboriginal story involving a turtle as part of International Youth Week at the Eschen Community Centre in Regina on May 2. Green and partner Rhonda Davies (not pictured) are under contract story to JRM. GC PHOTO BY MICHAEL BELL

# ON THE COVER

Everybody has an opinion about the cops. It's not all about guns. It's about dealing with people. —Ernie Louittit

#ERNIE LOUITTIT

## The people's cop becomes an author



Writer and former Saskatoon police officer Ernie Louittit checks out some of his old haunts in Saskatoon. The Michael Ondaatje Library was where he went after his night shift to decompress and do some writing. CP PHOTO BY ROB LEBLANC

By Jenn Sharp

Ernie Louittit had been an officer with the Saskatoon Police Service for three years when he found his first shoot or don't shoot moment.

It was on a domestic violence call.

"He killed my mom," said a five-year-old inside an apartment. An infant screamed.

From the kitchen, Louittit fol-

lowed a wide smear of blood to the bedroom where a man was trying to shove a knife down his wife's throat.

Louittit describes the incident in his 2014 book *Indian Blood: Perspectives on Policing and Leadership*. The suspect finally threw his knife to the side and was arrested after a struggle with Louittit, a second officer and another man in the apartment.

Indian Blood, as Louittit became

known on the streets of Saskatoon, led the nomination at the recent Saskatchewan Book Awards and won the Saskatchewan, Humanities & Charismatic Aboriginal Peoples' Writing Award.

The second book will be out May 15. Louittit, who retired from the force two years ago, says it's "such a surprise and such a nod" to be an author.

His frank and powerful reflections provide useful advice on lead-

ership and thoughtful perceptions on humanity.

"I'm super nervous about a second book," adds the father of four. Indian Blood is based on Louittit's experiences in the military and his 28-year career with the Saskatoon Police Service. In the book are vivid accounts of the brutal violence he witnessed patrolling Saskatoon's poorest neighbourhoods. Even when he became a sergeant, Louittit denied much of his time to crime

involving marginalized people.

He often talks to high schools about the police's role in society.

"Everybody has an opinion about the cops. It's not all about guns. It's about dealing with people," he says.

Speaking to teachers rather than young students because "some times you don't get to see how the seed that you planted developed."

Continued on Page 6

In conflict resolution, common ground is the place you want to be. You don't have to agree with a person's lifestyle or choices at the time. If you have an understanding of it, you're knocking down so many things that lead to conflict — and if you do it quickly and genuinely — Louitt

"If you use the standards you normally use to enter your standards as a success, I was a failure. But I wasn't, because the teachers that planted the seeds in me to want to learn, to not quit... they absolutely succeeded."

Louitt grew up in a village in northern Ontario called Oba with no electricity, running water or telephone. It's a simple and beautiful place he still visits twice a year to hunt fish and wash away the horrors of his job.

"It's still one of my favourite places. Oba is like time stood still. Besides my family, that was one of the things that kept me grounded — getting in touch with who I was and where I was from."

There's no trace of the cynical, jaded cop stereotype when you meet Louitt. His brown eyes sparkle as he remembers people he was able to help. He laughs often and cracks jokes. He likes to use analogies to illustrate a point, but you can tell when he's thinking about something dark from the past.

Louitt's gift is his ability to connect. His devotion to the people society marginalizes has made him stand out as a cop, and that's what makes his book both heartbreaking and hopeful.

Louitt talked candidly with QC about his years on the police force. Why does your job have a favourite place to patrol, how the relationship between the police and aboriginals has changed for the better and the times posted pays he's found in writing.

**QC:** Indian lives oppose with a disturbing story describing a domestic assault and your first shoot or don't shoot experience as a police officer back at the station, you're in shock and covered in blood but other than damn nothing by without saying a word. That scene like the epitome of an old boy's club where emotions aren't acknowledged. Did that attitude change?

**BRUCE LOUITT:** Oh absolutely. With the people I come through with, we were a lot more open in talking about things. I was never a big blase guy. Things happen in the order they're supposed to happen. For peace and



Sergeant Denis Louitt, when he was with the Saskatoon Police Service, took to get a man to talk to him, 10 years after he was found during one of Louitt's last night shifts in 2013. PHOTO BY GORD WALTON

peace, police had to be the tough guys even among themselves. Eventually that started to change and people were more open about the experiences they were having. But you'd always have the people that keep everything close to their chest and don't share.

**QC:** You say that one of the most important tools for a police officer is

empathy. Why is that?

**DL:** It'll get you to common ground a lot faster. In conflict resolution, common ground is the place you want to be. You don't have to agree with a person's lifestyle or choices at the time. If you have an understanding of it, you're knocking down so many things that lead to conflict — and if you do it quickly and genuinely, you can't like that you get it. (Empathy)

is one of the most transparent emotions of them all.

**QC:** What do you think it will take for people to break out of the cycle of poverty shame and violence that you saw in your days as a police officer?

**DL:** Exactly what we're doing right now. The more you talk about it the more it's out there and people are aware of it. Slowly but surely

it changes. This good economy has been like a golden opportunity for so many people to break out of that cycle of violence.

**QC:** You state that poor people's problems rarely exist in the majority other than to reinforce preconceived stereotypes. You focused much of your career on your people's problems. Why was that important to you?

(The Barry Hotel coming down) was probably one of my high points. There was nothing good that came out of it in the end. — Louella

EL: It seemed like the right thing to do.

One of the comments that I used to bug me a lot was: "How can people live there?" It's not how it's they do. Some of the realities in the poorer neighborhoods is police proportioned look on their way to school; teachers getting proportioned just because they work in that particular area; drug use — shooting up and chugging needles in the alley behind homes. People living there deserve as much police attention as the city can provide them.

I used to love alleys at night for catching criminals, because criminals liked alleys. But more frequently I was running into kids in the alleys. The one kid told me they used the alleys because they didn't want to use the streets. If they were on the street and saw a gang member, they couldn't get away fast enough. In the alleys, they can melt into the darkness. The alleys were the safest place for them. What kind of a reality is that to be living? If I were made me more committed to stay in the area so that those kids could eventually just walk on the street. If I met a one man show, I has to be a good host waiting down of all the bouncers those kids face.

They're great people that had struggles I could empathize with. I could have done many other things. I could have stepped up into investigations or sought higher rank but the draw to be [there] was too strong.

**Q:** In the chapter titled "no amnesty is ever surplus" you help uncover an illegal american trade in the military at CFB Wurtsmith. A lot of the ammunitions ended up in the hands of gang members and drug dealers. Tell me about that experience.

But I wondered what would happen when I wrote that. But I didn't hear anything. For me, I was so appalled by that. But I understood why too. We didn't get paid much in the army. If you were a married guy with kids (and if you could supplement your income, you would, but not illegally). That was the thing that shocked me.

I felt so alone after "Who do you trust?" I got so stressed I got a nervous twitch in my eye.

**QC:** Yet despite the difficulty you faced in investigating that case, you still recommend people join the industry.

But if you want some direction in your life, the military will help you in that respect. I believe in service. If you're going to enjoy the benefits of this country, which are fantastic — it's the best country in the world — and you're physically capable, you should step up and do a bit of service. What people take away from the military will last a lifetime. The discipline, the organizational skills, the leadership, the technical skills.

**QC:** What was the hardest part of being a police officer?

**ELI Dealing with non-criminals**  
The hardest part for me was finding people in distress that had nobody. They had totally turned their back on society or society had turned its back on them. Mental health was always tough too. And kids. Nobody ever wants anything to happen to kids.

**QC:** Riverdale, the neighbourhood where you spent a lot of time patrolling as a Saskatoon, is quickly being changed by new businesses and development. What effect does gentrification have on the neighbourhood and is it a positive for the people that have always lived there as rents increased?

BT: They're moving to different areas. It needed to be done though. (The Berry Hotel cuzzing down) was probably one of my high points. There was nothing good that came out of it in the end. It was a per-sonal drain on the quality of life down there. The more you improve an area, you're going to have some displacement. But some of the people that get displaced actually change because they no longer have a safe place to go and ply their trade. They no longer have a place to trade so they leave. It is also up the hill.

You'll never have 100-per cent success rate. But some is always good and success breeds success.

A black and white photograph of a man with a short haircut and a goatee, smiling broadly. He is wearing a dark jacket over a collared shirt. He stands in a parking lot with several cars and buildings in the background.

Steve Lowndes in the spot where the former Gary White's lived in San Antonio's Riverside neighborhood, an area of serious concern during his tenure as a police officer. DC PHOTO BY ROBERTO ARRIAGA

The relationship between the police and the native community, especially in Saskatoon, has changed (Neil Stonechild's) memory will be a safeguard against any inclination to be abusive. — Lourtlt

**QC:** That if, at the Neil Stonechild inquiry was a grating experience for you. What emotions surface today of that time?

**BL:** At the end of the day a lot changed. If a guy takes some good from all that, that was the good. The relationship between the police and the Native community, especially in Saskatoon, has changed. His memory will be a safeguard against any inclination to be abusive.

**QC:** Do you ever talk to his family?

**BL:** No. They're all gone (away) now. But I think it would be an awkward conversation anyway. There's a lot of people I meet now that I've noticed I don't speak to unless they speak to me first just because the memory I'm attached to is bad for them. It's difficult for me but it's bad for them.

**QC:** Does that bother you?

**BL:** Yeah because sometimes you just want to go up to them and give them a hug and say, they know it's going. I told you it would be better sooner or later. But I want for them. If they came up to me I'm always super happy. A lot of times you don't think you make a difference but you did.

**QC:** Do you think an inquiry into Canada's missing and murdered aboriginal women is necessary?

**BL:** That's coming in the second book. We spend more time and money arguing about not doing it and all of this time, time is wasted. Like the O'Grady/Gladue murder in Alberta — it's absolutely shocking. You can hold an inquiry on it if you want it, but that's not what you need. That (went up) not always popular.

**QC:** What's the nicest part of retirement for you?

**BL:** The weight of violence, race violence, is one of the biggest misdeeds. It still has attention for anybody out there doing their job. I admire their courage. I admire their spirit. But it's their job, and now I'm not taking on many chances with confrontation. It looks very good. I tell when I lived at the night shifts weren't hearing me but I knew eventually it would. I left pretty much at the top of my game. I surprised a lot of people when I left, but it had run its course for me. You



From: Lourtlt's articles at the Neil Stonechild inquiry. A det who did from 1990 to 1991. in 2003. QC: Photo by MICHAEL MARRAS

only get so many luck points in your life and I had used a lot. Why keep pushing? And I knew I was going to write a book. I didn't realize it would go the way it's gone but I'm very happy with it.

I've always been an avid reader. I

could have people to read for an hour a day as part of a criminal sentence, I would.

**QC:** What do you hope to see in the future in regards to the relationship between the police and aboriginal

people?

**BL:** That relationship has been getting progressively better for years. I'd love to see that momentum continue to keep building those relationships. Saskatoon police went from being on the national spotlight for all the right reasons

wrong reasons to being in the national spotlight for all the right reasons.

This interview has been edited and condensed for publication purposes.

lourtlt@newsprintnews.com  
Twitter: jaylourtlt



## MUSIC

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## # SONGWRITING

## The Stillhouse Poets focus on fresh lyrics

By Ashley Martin

I've got the blues.

The deep river/  
 brownish means/  
 hard road/  
 real bad love/  
 shaggy rock/  
 Shaggy's father/  
 midnight hour/  
 backroads/  
 tonight/  
 It's a sweet/  
 loveable/  
 old brown bottle/  
 Mandy morning blues  
 "I got the still in the black blues"  
 is boring and it's been done a million  
 times," said Brent Nielsen,  
 half of Regina roots duo The Still-  
 house Poets.

He and his partner-in-song Rick  
 Hestall have grappled with keeping it  
 real in their three years of play-  
 ing together.

"They like trying to sound like  
 reggae, while trying to pay acoustic  
 tribute to Delta blues and Appala-  
 chian music."

"There's a really fine line and  
 balance between sounding what's  
 been done before and originality  
 and keeping it fresh," said Hestall.  
 "I think lyrically between the two  
 of us, we do find a way to do that."

"That's the challenge. You know  
 when you get it, you get excited,"  
 said Nielsen.

At times, a song starts with a  
 melody and gobbledygook lyrics  
 such as a peasant's rather senile look-  
 at-the-donkey doozy.

"Sweetness it's hard and some-  
 times it comes real quick," said  
 Nielsen.

When they write—usually a solo  
 effort—each one—they try not to get  
 stuck in a theme for fear of becoming  
 just a derivative of themselves.

"I think there's a few things we  
 purposely avoided," said Nielsen.

An example: Though they try to  
 rebel, they've each written a song  
 about dealing with the devil. Those  
 songs have not made the cut for



Brent Nielsen and Rick Hestall perform roots and blues music under the name Stillhouse Poets. (PHOTO BY MICHAEL WILL)

their first albums.

"We try to avoid that cliché  
 thing," said Nielsen, a four-decade  
 performer. "To use a song, you've  
 got to have at least three or four re-  
 ally good lines, even if it doesn't  
 rhyme, it's fine."

"I'll run an idea by him some-  
 times," said Hestall, who has writ-  
 ten songs only as long as they've  
 played together. "It'll be just go,  
 Naps: boring, what else you got?"  
 The eyes for the most part have

been not subtle and it's about the  
 song."

"They look for new ways of ex-  
 pressing an old sentiment—"I love  
 you can become "the jangle on your  
 folk has lost its charm"—whether  
 it's about love, death, war or lazar.  
 Desperation in their No. 1 most,  
 usually inspired by the lives of oth-  
 ers.

"Bad songs are always better  
 than it they," said Hestall. "A reflec-  
 tion of reality might cause us."

"Then you have to put in there  
 love songs to make people happy"  
 said Nielsen. "All jokes aside, we  
 have to change it up—at least I do  
 for myself. I don't want to have all  
 this fire and brimstone and death."  
 But happiness is relative. On  
 Hestall's Crown, their sophomore  
 album being released this week,  
 they say the most uplifting song is  
 Bonadile. It's about a dead man.

"I am at peace with the love and  
 love."

My just is buried with a spade  
 and pine.

"He's dead but he's happy," said  
 Hestall.

He's going to meet his wife,"  
 said Nielsen.

On the Stillhouse Poets Satur-  
 day 8 p.m., at the Creative City Cen-  
 tre as Regina Avenue tickets are  
 available at [investivitycentre.ca](http://investivitycentre.ca).

[ashley@investivitycentre.ca](mailto:ashley@investivitycentre.ca)  
 Twitter.com/ashleygirl

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

BY AMY JO EHMAN

## Out of Old Saskatchewan Kitchens



What did the planters eat? That's the subject of my new cookbook, *Out of Old Saskatchewan Kitchens*. No matter where they came from or their ethnic background, the pioneers' first order of business was to plant a garden, bake some bread and get dinner on the table.

Even before the land was planted with wheat, it was planted with potatoes, turnips, carrots and onions. During the fur trade, inland trading posts such as Carlton Place (now Fort Carlton) were expected to be self-sufficient in food. They had gardens and were provided with wheat, oats, barley and potatoes for planting. The oldest wheat field in what became Saskatchewan was planted in 1766 at a New France fur trade post east of

Prince Albert. Many Métis were accomplished gardeners.

The arrival of more than 4,800 Doukhobos in 1899 created a new crop politics that caused a spike in the basket price. Fortunately the Doukhobos were good gardeners and they saved themselves. But it wasn't easy. The early pioneers were often hungry, reduced livestock raised three meals a day; their only meat a piece called ven or a hare. They welcomed seasonal food foods such as berries, dandelions, greens, mushrooms and eggs.

Despite the hardships, they did their best to prepare the dishes that reminded them of home and pass their cherished recipes on to the next generation. They shared favourite recipes and created language barriers

through the following: 'a' food. Neighbours helped new neighbours and no one looked their doors closed a hungry traveler pass their way.

Their dedication and ingenuity is evident in more than 80 recipes and archival images and added in *Out of Old Saskatchewan Kitchens*, which is designed to resemble a lovingly compiled kitchen scrapbook from days gone by that it more than a cookbook—it's a glimpse into the early history of Saskatchewan through the people, their stories and the foods that sustained and built our province.

I've include stories and recipes from my own upbringing on the family farms at Croft. But the true joy for me was discovering the unique histories of so many diverse settlers



Amy Jo Ehman

which took the basic pioneer ingredients and made them their own.

*Out of Old Saskatchewan Kitchens* is published by MacKenzie Parrott and retails for \$24.95.

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**MAKE IT A MINOT GETAWAY!**

**We're ready for you.**

**Roosevelt Park Zoo**  
Opens May 2!

**Summer Wine Walk**  
June 12

**Magic City Ribb Fest**  
June 17-20

**North Dakota State Fair**  
July 17-25  
Lineup has been released!

**Norsk Hestfest**  
September 29-October 3  
Lineup has been released!



# MAKE IT A MINOT GETAWAY! We're ready for you.

## Make it a Minot Getaway!

The magical city of Minot extends its warmest welcome to its friends in Canada. There may be an international border to cross when you visit, but we figure you're close enough to be neighbours. Friends and family!

Minot has much to offer for your day trips any time! If you're coming for a longer visit, we recommend planning ahead to ensure you have the best place to stay. Canadians are always welcome and with more than 5,000 rooms, a variety of accommodations are plentiful! The Minot Convention and Visitors Bureau's website [www.visitminot.org](http://www.visitminot.org) not only offers valuable coupons, it also has a searchable listing of the hotels and inns with available accommodations and even lists the categories.

Shoppers can get their fill at one or more of the many shops downtown and in other shopping districts in the city, or can peruse the numerous stores at the Dakota Square Mall. After a great day of shopping, visitors can kick back at one or more of the myriad of excellent restaurants, bars and night clubs. The Minot Convention and Visitors Bureau offers a wealth of information on the city and its many attractions and shopping opportunities. You can follow this link on its Facebook page and visit its website at [www.visitminot.org](http://www.visitminot.org) to sign up

for newsletters and coupons on great deals on accommodations; check out the calendar of events and watch for updates. The Visitor Center is housed in a historic inn style building conveniently located in the Scandinavian Heritage Park at 3030 South Broadway (Highway 83). The new level of the Center includes local, state and regional travel information such as maps, brochures and pamphlets, as well as a gift shop offering many North Dakota made products, authentic Scandinavian specialty gifts, Nordic knitted items, apparel, keepsakes, souvenirs and more.

There's little point in shopping if you can't take it home with you, and Canadians staying more than 24 hours can take advantage at some neighbours to the south based on imported goods.

- Personal exemptions do not apply to same day cross border shoppers.
- After 24 hours or more: Canadians can take goods valued at up to \$700 (CAD). Alcohol and tobacco cannot be carried. Goods must be in possession at time of entry to Canada. If the value of the goods exceeds \$700 after a 24 hour absence, duty and taxes are applicable on the entire amount of the imported goods.
- After 48 hours or more: Canadians can bring home goods valued up to \$800 (CAD) including alcohol

and tobacco products, within the personal limits set by government or territorial authorities. Goods must be in possession at time of entry to Canada. Shoppers absent for periods of 48 hours or more will have the applicable exemption level entitled against the total value of goods.

- After seven days or more: the maximum is also \$800 (CAD) including alcohol and tobacco products within the personal limits set by government or territorial authorities. However, goods may be in possession at time of entry to Canada, or can also follow entry to Canada (such as via courier, mail or delivery agency), except alcohol and tobacco products, which must be in possession. All the goods will qualify for duty, and tax free entry if they are declared at the initial entry and in Canada. If returns there are no hassles if the border being leaving the Minot, here are a few tips:

- Remember to bring proper identification. Canadian citizens must present one at the following valid Western Hemisphere Travel Initiative compliant documents when entering the U.S. by land or water:
  - a passport, which must be valid and the date of expiration return to Canada;
  - a NEXUS card;
  - a Free and Secure Trade (FAST) card;
  - an enhanced driver's license (EDL) or enhanced

- driver's license and (DLC) from a province or territory that is U.S. approved EDL/IDIC programs have been implemented as:
  - a Basic Certificate of Indian Status;
  - Visit a Canadian Consulate office to identify any vehicles you may want to take to Minot from home. Items like cars, cars, jewelry and tablets can be imported and recorded so there will be no problems coming back across the border.
  - If you're driving, check with Canada Customs for tips to change or improve any part of your vehicle. If your vehicle breaks down while in Minot, the repairs must be declared to customs and you may not have to pay the duties. But if you improve your vehicle (increase its value) Canada Customs law may no longer consider the vehicle Canadian. For more information, go to request a free visitor's packet including coupons and lists of restaurants, things to see and do, and where to stay, contact the Minot Convention and Visitors Bureau at 1-800-294-2626 or visit the website at [www.visitminot.org](http://www.visitminot.org).
- Come to Minot for a great getaway!

These photos were produced by Leader Print Special Projects to promote awareness about the space consumer can purchase. The Leader Print editorial department had no involvement in the creation of this content.

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## MAKE IT A MINOT GETAWAY!

We're ready for you.

### Free downtown shuttle service

The Minot Parking Authority and the Minot Downtown Business & Professional Association (DBPA) have joined forces to offer a free downtown shuttle service. The shuttle runs Monday through Saturday and makes a round trip from the City Auditorium to Main Street approximately every 20 minutes.

"We're happy we can ease some of the parking pain downtown by offering this service as a cooperation with the downtown establishments," said Steve Corrigan, Minot Parking Authority president and DBPA board member. "The carpoolist pick-up schedule makes this shuttle service more convenient and easy to use for downtown employees and visitors."

The downtown shuttle service runs from 8:40 a.m. to 5:30 p.m. Monday through Friday and 8:40 a.m. to 5:30 p.m. on Saturdays. Shuttle

riders should park at the south lot of the City Auditorium. The shuttle will pull into that parking lot and wait for a few minutes for riders to jump on. Then the shuttle will make two stops — at the corner of Central Avenue and Main Street, and at the corner of Second Avenue and Main Street. The shuttle will wait for a few minutes at each stop allowing riders enough time to get on or off their carpooling on its way. Riders can wait for the shuttle inside the businesses located on the two corners.

"This shuttle service makes it easier than ever for you to come shop, dine and do business downtown," said Doreen Giesch, executive director of the DBPA. "We're especially encouraging employees of downtown businesses to use the shuttle, which will leave more space on Main Street available for visitors, as well."



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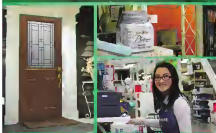


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# MAKE IT A MINOT GETAWAY! We're ready for you.

## Let's go to the zoo!

There's lots to see and do at the Biosciences Park Zoo.

Four years after a devastating flood destroyed much of Minot including the zoo, the popular attraction is back up to its full complement of animals, with some exciting new additions.

There are some adds and adds to finish up but Skye Kennedy, Minot Zoo Crew executive director, said the major construction is finished. "There will be a little construction going on, but it's all good construction."

The exhibits are open for the zoo's newest residents, a pair of red pandas. Brothers Fred and George will live in the existing aviary while their outdoor exhibit is completed. And the historic zoological structures are being converted into an aviary and will be open this summer. "It's beautiful," said Kennedy.

Unfortunately, some of the zoo's favorite attractions, the African penguins, will have to stay inside at least for a while. A recent outbreak of avian flu virus means the penguins simply can't be released. Kennedy said "An outbreak on zoo grounds could threaten our bird species as well as result in a mandatory closing of the zoo to the public," she said.

While the penguins have some time off until it's safe, the rest



The zoo residents are ready and waiting to show visitors.

As well as taking in the sights and sounds, there are also many things to do at the zoo. In addition to keeper talks and special animal presentations, there are also opportunities to watch some of the animals interact with their keepers, where they are fed. Finding times vary, so visit [www.biosciencespark.com](http://www.biosciencespark.com) daily times listed for the schedule.

Visitors can even take advantage of a unique opportunity to hand feed the giraffes. The Giraffe Feeding Station is open every day, check the website for times. There is a \$5 charge and just like meerkats at home, hands must be clean before and after.

## Red pandas

Red pandas. Adult red pandas are not related to the large black and white cretaceous rhinoceros in the zoo.

That's not to say they aren't cute. Red pandas. Also called the red cat, but have been like felines, striped tails and red fur that covers them everywhere, even on the sides of their feet. They are slightly larger than a house cat - 42 inches long and weighing between seven and 14 pounds.

They are indigenous to the cool temperate bamboo forests of the eastern Himalayas and south western China. During portions of their range with the giant pandas, red pandas eat bamboo leaves and shoots, berries, mosses, other various plants, and berries. They have a small, bear-like gait and are known for their antics that help them grip bamboo stalks. Their red and white coloring provides them with camouflage in their native habitat, where red misters and white

flowers grow on the trees. Red pandas are adept climbers and use their thick, bushy tails for balance, as well as for warmth in the winter.

Red pandas are classified as vulnerable by the International Union for Conservation of Nature with less than 10,000 mature adults remaining in the wild. The population continues to decline due to poaching and habitat loss and fragmentation. Red pandas are protected by national laws in their range countries. The Association of Zoos and Aquariums (AZA), which has recognized the Biosciences Park Zoo as a member of its Survival Program (SSP) helping to preserve the genetic integrity of the species.

And yes, they are cute as the proverbial button. See for yourself at Biosciences Park Zoo this summer, where the two new arrivals, red pandas George and Fred, security look isolation.



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**We're ready for you.**

## Rib-ticklin' fun

The Magic City of Macon will host a new lip smacker, rib fest in event this June — the Magic City Rib Fest.

The festival will feature four full days of food and entertainment at the North Dakota State Fair Grounds from June 18 to 21. "It's four days of great music, barbecue ribs and fun for the entire family. We're really focusing on this event to be really family-friendly so everybody can come out and enjoy," said organizer Tom Ross.

The timing is perfect and Ross says, "We've got a beautiful facility, a world class facility with the North Dakota State foregrounds. With the blank spot between the end of school and the State Fair it was an opportunity to find an event — and what better than horse shows, fair and rodeo," he said.

Classic and contemporary rock band Creed will kick off the festival on Thursday night. Friday night will feature Heart as a two-hour homage to some of the IROD's arena acts like Van Halen. KISS, Mötley Crüe, Queen and Aerosmith. On Saturday night, Karl Lacker is once again in

NBC's *The Mindy Project* had a native of Hizen. H. D. will see different.

Ross said they are cooking up something special for Father's Day on June 23. "We've got a full day of ribs and fixing. What better way to honour your dad than to treat him a slab of ribs and take him to Sprint Car Racing at Nodak Speedway?" he said, pointing out the race track is within walking distance of the four-man crew.

The rib fest will kick off with a well-earned ribfest. Participants in the North Dakota Charity Jackpot Barbecue will pay a \$1,000 buy-in and receive a case of ribs (about 25 to 30 lbs.) to cook up for the judges. The winning teams get to donate the govt to a local charity of their choice. This is the fun thing before they start cooking. Each team will draw the name of a local charity out of a hat and that will be the charity they're cooking for. They'll meet the reps from the charity and they'll all have some fun. (Don't miss it.)

For more information, visit [www.greentribest.com](http://www.greentribest.com) and Facebook, [www.facebook.com/greentribest](http://www.facebook.com/greentribest)

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# MAKE IT A MINOT GETAWAY!

## We're ready for you

### Tee up a great golf experience

By Tony Hoyer  
For L-P Special Projects

North Dakota is, since again, a golfer's paradise. After being devastated by the Souris River flood in 2011, many of North Dakota's courses have been reconstructed and now provide a wonderful mix of golf that challenges golfers of all skill levels.

With more golf courses per capita than any other state in the United States, North Dakota has many diverse and spectacular golf courses. What this means for golfers is that it's easy to get in and play the so notoriously scattered courses.

When you come to North Dakota to golf, you have the opportunity to play many fantastic golf courses at a very economical price," said Wade Rogers, director of sports and events at Visit North Dakota.

North Dakota's rich golf history features the Vardon Golf Club, which has been hosting golfers since 1879. Originally designed by Tom Vardon, founder of the first British Open Champion Harry Vardon, this classic layout has a green that requires accurate approach shots.

"The Vardon Golf Club was completely rebuilt, reconstructed and reopened in August 2003 after being founded by the epic Souris River flood in 2003," said Rogers.

"The Links of North Dakota, located in May, is another must-play course. With its breathtaking setting, this immaculately maintained course provides an ideal and unforgettable golf experience. As one of the purest examples of links-style golf, this course was designed for golfers who truly appreciate the origins of the game."

Similarly, the beautiful Lake Sakakawea Links of North Dakota is not just for the highly skilled player, with live stats others, it can accommodate golfers at all ability levels.

The Links was ranked number 3 in North Dakota by Golf Week and member of the Golf Week's 100 Best Golf Courses in America. "said Rogers.

The Bally Puyallup Golf Course adds a new dimension to North Dakota's historic golf of Minors. Named for the spot of Theodore Roosevelt, it is an 18-hole championship course.

Not only is this challenging golf

course fun to play, you will also be entranced by the spectacular scenery surrounding the course," said Rogers.

For those who love to play a variety of high-level golf courses, the Triple Golf Challenge is the perfect choice for players of all ages. Golfers can play three amazing golf courses, the Vardon Golf Club, Links of North Dakota and the Bally Puyallup Golf Club at every special rate. For golf 1995 plus live golfers, get a special punch card and experience the best golfing in North Dakota.

For the golfing enthusiast, there are also many other great courses in North Dakota.

• The Bessie Sauer Golf Club is the only public golf course in North Dakota to have nine holes in one state and nine holes in another. The front

nine is in Minot, ND, while the back nine is in Burdette, Minn.

• In the Fargo-Moorhead area, the Edgewood Golf Course was established in the mid 1920s. Golfers can enjoy this popular traditional golf course that has beautiful tree-lined fairways.

• King's Well is an 18-hole Arnold Palmer Signature Championship Golf Course designed and developed by the Palmer Group. It was originally opened in 2002, this course is the state's premiere golf courses.

• Gateway Cities Golf Club in Portland is located right on the border between Canada and the United States and is a two different golf courses. With wide open fairways and large greens, this big attraction for this course is that eight holes are in Canada and one is in North Dakota.

• With the Souris River winding through the course, Minot's Souris Valley offers golfers 18 beautiful and challenging holes.

North Dakota has many great and challenging courses I don't have time to specifically designate for every skill level. Adding to its reputation as the golf world is the ultimate golfing experience.

For more information on golfing experiences and the other vacation opportunities North Dakota has to offer, call Visit Minot at 800-264-2626 or visit minot.nd.gov.



The Vardon Golf Club has been rebuilt after a flood in 2003. Photo by Tony Hoyer, L-P Staff, August 14, 2011.



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# MAKE IT A MINOT GETAWAY! We're ready for you.

## Upcoming Events

### May 6 Walk Meet - DOC walk

Doc Park 6 p.m.  
Led by Dr. Dawn Mathers, the walk is not only for exercise month, but is the kick off for the Walk Minot summer schedule. This event is family oriented and lasts approximately one hour.

### May 7 Minot Curling Club Skit/Serve

Minot Curling Club 10:30 Skit/Serve begins 12 to 6 p.m.

Largest curling bonapart held in North Dakota. Over 40 teams from U.S. and Canada. Entry by contributing. Mark Haskett at [haskettminot.com](http://haskettminot.com) or calling the curling club at 701-838-3452. Entries limited.

### May 7 to 9 Fish Fest

Dakota Square Mall. Schools entrance parking lot. Thursday 4 to 8 p.m., Friday

10 a.m. to 4 p.m., Saturday 10 a.m. to 3 p.m. Jani Schools as it kicks off the 2015 summer fishing season with Second annual Fish Fest. There is a Kid's Zone and hot food available, so bring the whole family.

### May 7 to 10 Good Evening

The Virgin Moral  
Minot Area Theatrical Society presents Good Evening, a full-length comedy by Peter Cook and Dudley Moore. A very funny show about some unlikely subjects including a one-legged actor applying for the role of Tereza, an in-depth interview with an unimpressed shepherd who witnessed the Nativity, and a French singer who misunderstands an Anglo-Saxon waiter by mistaking a song around A. Shows: May 7 7 p.m. (no meal), May 8 and 9 7 p.m. (meal) (show starts at 7:30 p.m.) May 10 1 p.m. (no meal). For reservations/questions, contact 701-441-6242.

### May 8, 9, 10, 12, 14, 17 Runners

105 First St. S.E. 7:30 p.m. and Sunday runners at 7 p.m.  
The Red Seven play presented by the Minot River Play Community Theatre. Tickets are \$12. Visit [www.redsevenplayers.org/](http://www.redsevenplayers.org/) for more information.

### May 9 Free Weekend in the Park

Sundowne Heritage Park 10 a.m. - Every Saturday in May  
A local circus style workout. Recall a bottle buddy? He is asked into a raffle drawing for a new bike. Everyone stands a chance to win, and everyone stands a chance to lose. Weight that is! This event is for everyone, all fitness levels and every age.

### May 9 to 10 Best of the West Basketball Tournament

Various locations

The first basketball tournament for the traveling basketball season.  
Boys: Grades 5-8 May 9 8 a.m. Girls: Grades 5-8 May 10 6 p.m.

### May 9 BLT Day

Colts Boys and Girls Ranch Campus, 9 a.m. to 4 p.m.

Salads of flowers, ornamental grasses, herbs and vegetables. BLT stands for lunch (15 p.m.), \$12.50 for lunch or more. Live music, short program of music. Join us for this special day at foot, Jan and plants. BLT Day is an opportunity to support the Minot Area District Greenhouse Technology Program where children learn about plants and how to care for them. For more information contact: Carla Hagen, marketing and public relations director at 701-384-0264 or email: [carla@oketvnews.org](mailto:carla@oketvnews.org)

### May 9 and each month Traffic Valley Rangers Cowboy Action Shooting Match

Minot Rifle and Pistol Club, 601st St. NW. Registration at noon. Match begins at 1 p.m. \$15, age 17 and older. \$25 trophy, age 12-16 free with paid entry. Cowboy attire required. [www.battlefieldrangers.com/event.html](http://www.battlefieldrangers.com/event.html)

### May 9 Superhero Fun Run

Call Park 9:30 a.m.  
Come dressed as your favorite superhero or just dressed to run. Trophies will be awarded to the top three male and female finishers in the 34 and under and 25 and over age groups. All runners receive a Commemorative Medal.  
Kids Run registration fee is \$5. 5K registration fee is \$20. Visit [www.MinotGCC.net](http://www.MinotGCC.net) for more information and to register. Proceeds benefit MRCO Operational Fund.

### May 10 Mother's Day Supper

Grand Hotel, 1505 North Broadway



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## May 30 to 31

### Next Generation Power Paces

Next Minot Church of God  
Sunday 10:30 a.m., Monday 7 p.m.

You have seen these guys on TV now is your chance to see them in person. This is a free event, so bring your friends, family and even workers to see the Next Generation Power Paces as they bring home all of their bank books and phone books and license plates apart. For more information call 701.639.1407 or visit [www.nextgenminot.com](http://www.nextgenminot.com)

## May 30

### Minot Walk to Defeat ALS

Oak Park, check in at 9 a.m., walk starts at 10 a.m.

More than just a few mile trek, the Walk to Defeat ALS is an opportunity to bring hope to people living with ALS, to raise money for a cure and to come together for something you care about.

## May 30-31

### Jazzercise Quartet

North Dakota State Fair - 4-8 Hill  
For more information contact Chris Arnold 505.281.8342

## May 16

### Artists Alley Craft and Vendor Show

North Dakota State Fair, 4-11 Home  
Local vendors and crafters come together to help a great cause. \$2 admission fee is donated to the event and used to fund everything from food to the home décor to Park Zoo.

## May 18

### Nerds Hardest tickets on sale

Visit <http://theadfied.com> for more information

## May 21-23

### State Girl's Tennis Tournament

## May 22-24

### 4 Days 8-Hour Tournament

Grand Hotel  
Join in the fun of the 4 Days 8 Hours Game 24th Annual 8-Hour Game.  
Registration ends May 19. For more information visit [www.4days8hours.com](http://www.4days8hours.com)

## May 29-31

### NADAC Dog Agility Trial

Deluxe Dogs & Ranch Riding Arena  
6302 13th Ave NW

May 29 from 6 to 8 p.m., May 30 and 31 from 8 a.m. to 5 p.m. For more information call 701.852.4122

## June 1

### 4th Annual Minot Country Club

Travelling Trophy Golf Tournament  
Scout Valley Golf Course, 12:30 p.m.  
All proceeds go to the Kidz Minot Soccer Baseball League. Its Co-Founder, NY Baseball World Tournament, 12:30 p.m. registration, 2 p.m. shotgun start, 7:00 dinner and awards. For more information, to register or donate go on our website [Shop.NorthernDaytona.org](http://Shop.NorthernDaytona.org) or 701.735.6770

## June 2

### Walk Minot

Minot State University, 6:30 p.m.  
See what comes of Minot State University's first by Steve Shirley, the new president of Minot State University, the walk is fairly lovely. See the Minot Black Facebook page for the whole summer schedule

## June 21

### Arts in the Park Summer Concert Series

The Minot Area Council of the Arts presents the Arts in the Parks free annual summer concert series. 2015 concerts include audience favorites like the City Band, Dean Galt and the Seabirds. Experience new additions like Cody Lindstrom at Blamrock. Summer concerts are held every Thursday at 7 p.m. and Sundays at 4 and 7 p.m.

## June 32

### Downtown Summer Wine Walk

Downtown, 5 p.m.  
Join us for night of wine, art and fashion in downtown Minot. Tickets are \$50 per person. Visit [www.downtownminot.com](http://www.downtownminot.com) for more information

## June 25

### 18th Annual Building Hope Golf Tournament

Scout Valley Golf Course, 10 a.m.  
The Trinity Health Foundation hosts the Building Hope Golf Tournament,

a premier social event that supports cancer services at Trinity Health. This annual event is not only a great day of golf, food and conversation, among women, it also helps the Trinity Health Foundation support the Cancer Care Center.

## June 17 and 31

### Magie City Pub Fest

North Dakota State Fair Pub  
Visit [www.maciecitypubfest.com](http://www.maciecitypubfest.com) for more information

## June 18

### Madrasman Night Festival

Scandinavian Heritage Park, 5 p.m.  
Call 701.852.5151 for more information

For an updated calendar of events and more information about Minot, <http://minotnd.org>

While every effort is made to ensure that the information in this listing is correct, please confirm dates, times and admission fees before attending.

*This place has great style, delicious food and awesome entertainment! Wish you were here!*

- Me

We invite you to experience Downtown Minot, then tell us what you think!

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DESTINATION DOWNTOWN MINOT

# MAKE IT A MINOT GETAWAY!

We're ready for you.

## The need for speed

Wetness and raindrops also are found their and for speed at the Magic City International Dragway (MCID) in Minot.

Located at the east end of the North Dakota State Fairgrounds, MCID is a one-eighth-mile asphalt International Hot Rod Association (IHRA) sanctioning strip. They have a Compulink timing system. All runs are logged and individually printed for racers.

The current schedule for 2015 is:

- May 16 and 17 — Test and Tune
- May 23 and 24 — Memorial Classic
- June 6 and 7 — MCID Spring Nationals (IHRA Invasion Race on Saturday)
- June 20 and 21 — Summer Kickoff
- July 4 and 5 — Independence Classic
- Aug. 8 and 9 — Hot August Nationals
- Aug. 15 and 16 — End of Summer Nationals
- Sept. 4 to 6 — Winter Magic Event
- Sept. 19 and 20 — MCID Season Finale

An open Test and Tune is held every Saturday and Sunday with a Jackpot race on Saturdays and a Street Car/Vike Shootout on Saturday evenings. If enough people want to participate and have permits, Sunday is also the points racing day. These races are bracketed by points during the season, with the winners announced at the end of season banquet. Prizes including a trophy and embroidered jacket are awarded to the winners from each class.

Out of town visitors and racers can take advantage of the many features offered by the MCID including camping on the grounds, as well as concessions.

There are numerous hotels outside the grounds for those who don't want to stay in site, as well as a variety of restaurants to choose from. There are no restrictions on the number of times you can enter and leave the Dragway once you've paid your admission.

The perfect way to watch the races on Saturdays and

Sundays are \$10 for adults (age 15 plus), \$5 for children ages seven to 13, and free for kids aged six and under during all race weekends even during Motor Magic, the largest motorsports event in the upper mid-west. For more information visit [www.minotmagic.net](http://www.minotmagic.net)

The fee for racing depends on the class that the car/bike/motorcycle enters. Anyone can race if they have a valid driver's license from their home state or province. Racers under the age of 18 must obtain signed permission from their guardians. All vehicles must streamers to high speed dragsters can be driven in the twice. Children eight years old and up can race in a junior dragster. All vehicles



must be inspected and approved by the Dragway body.

If you are looking for a fun way to spend your weekend, MCID is the place to go! For additional information, call 701-833-8462 or visit the Facebook page or view [na.pod4.net/entry/naanddragway.com](http://na.pod4.net/entry/naanddragway.com), which has downloadable flyers as well as current information and schedule.



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# SHAPPEATS

# SASKATCHEWAN FOOD SCENE

## How to support a local to global food connection

By Jenn Sharp

A new website and app makes it easy to understand issues regarding global food.

Ethical Eats is a place to find information about everything from consumer to treatment of workers in the global food supply chain. It also offers a directory to find Saskatchewan businesses that provide fair trade, local and/or organic products.

Fair trade standards help protect workers' basic rights, ensuring health and safety standards and their child labour is not used. Local and organic food helps protect workers' health, the environment and supports the economy.

The Saskatchewan Council for International Cooperation (SCIC) is a coalition of organizations involved in international development, made the info Communications officer Rebekah Humble says Ethical Eats fits SCIC's mandate.

A lot of these issues are pretty strongly rooted issues that have been around for many decades. They're big problems that we're trying to address so the content isn't likely going to change drastically.

Biodiversity is important to the SCIC. There are lots seed varieties that over time and some companies are patenting their seed. Biodiversity seed varieties mean those living in different countries have less control over their food.

When we have less seed varieties, there's more susceptibility to crop failure and to diseases," says Humble.

The general safety of genetically modified foods for human health is questioned, too. Many of the genetically modified crops are better suited to large scale, industrial farming. This type of farming operation leads to land grabs in developing countries where people may be pushed off their land to make way for export crops.

We're trying to promote ways to support small-scale family farms because that's who is producing the majority of the world's food and that's the people who are most often going to feel hungry which is a complete oxymoron," she says.

The website encourages people to explore those different issues and how they're connected to the different foods we buy every day.

"We know ethical consumption is not a fool-proof plan. It's not a complete solution. But what we're trying to do with this tool is allow people to take some small actions that they do

have control over."

It's easy to find documented from the global issues about food production, says Humble.

But we do eat food and we do have control over what type of systems we support. When we buy local, fair trade and organic, those are ways we can support better options."

Those options include a link to global consumer supporting producers at home and their trade overseas. It is an easy way to help gain cultural consciousness, and the knowledge and skills of their food providers, producers.

"Food really does connect us all."

Find the website at ethical eats or a free mobile app is also available. SCIC welcomes qualifying businesses to join the directory and encourage people to ask grocery stores to stock more fair trade and locally sourced goods.

To find out more about fair trade certified products in Canada, visit Fairtrade Canada. Your Trade Day is on May 1.

### FOODS MOST SUBJECT TO UNETHICAL PRACTICES

#### COFFEES AND CHOCOLATE

Most often associated with child labour and child slavery.

#### SUGARS

High levels of land are lost to conversion for sugar cane production and exportation.

#### SEAFOOD

Overseas associated with over-fishing, depleted stocks, bycatch and many wild fish stocks are depleted.

#### GENETICALLY MODIFIED CROPS

Land has been industrial farming means land isn't creating local food for local people.

### WAYS TO SUPPORT MORE ETHICAL OPTIONS

Buy locally when you can. One of the important issues is the effects of pesticides on the workers, especially when they have less protection or less health and safety knowledge.

"If you don't want those chemicals going in your body, think about the person who's having to apply them and what sort of situation they're in," says Humble.

Look for foods that have a shorter supply chain. Locally produced foods that are seasonally available have less environmental impact.

Look for fair trade and direct trade options for foods not available here such as chocolate, coffee, meat and fish.

Try to know more vegetation, make it into your diet, even eating vegetables twice a week will cut down on the water usage that goes into feeding meat.

# ON THE SCENE

## # DAVID THAUBERGER: ROAD TRIPS & OTHER DIVERSIONS

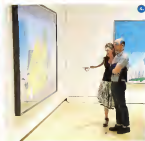
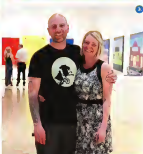
Local art enthusiasts gathered at the MacKenzie Art Gallery on May 1 for the official opening of David Thauberger's *Road Trips & Other Diversions*.

The new exhibition features 70 paintings, prints and ceramic works created by the nationally recognized Regina-based artist from 1977 to 2014. The works are drawn from more than 30 public and private collections across Canada.

Thauberger is best known for his comic paintings of vernacular architecture.

The exhibition was co-curated by Sandra Fraser, associate curator at the MacKenzie Art Gallery, and Timothy Loop, lead curator at the MacKenzie Art Gallery.

### QC PHOTOS BY TROY FLEECE



1. Tamara Keith and Tim Keith

2. Linda Logg and Quenton Logg

3. Brenden Schick and Tim Gilroy

4. Kimboley Pyle and James Pyle

5. Jeff Desjar and Tina Desjar

More photos on Page 23

# ON THE SCENE



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# OUTSIDE THE LINES



## HAPPY MOTHER'S DAY!

(to aunties & grandmas & friends  
& leaders & pet parents & anyone  
who makes us feel cared for)

### #Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [sp@leaderpost.com](mailto:sp@leaderpost.com). One winner will be chosen each week.

Please send **high-resolution pictures** and include the child's name and contact information.



Last week's QC coloring contest winner was **Regan Breen** from Comptonville! Thanks to all for your colourful submissions!

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# ARTS & LIFE

EVERY DAY IN THE

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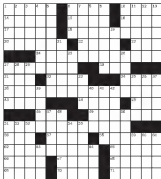
306.781.5212 or [leaderpost.com/subscribe](http://leaderpost.com/subscribe)

## #CROSSWORD

NEW YORK TIMES Edited by Will Shortz

### ACROSS

- 1 1925 Pulitzer Prize winner for *Exiles* (6 letters)
- 10 Bull's eye (5 letters)
- 14 Drawing of a bakery? (5 letters)
- 15 Ending with peak (5 letters)
- 16 One a baby may cry out (5 letters)
- 17 Loner who weds "I'm Not with the Dragon Lady" (5 letters)
- 18 "Put it there, girl!" (5 letters)
- 20 Inbreeds (5 letters)
- 22 Western meals (5 letters)
- 23 Remotely (5 letters)
- 24 "I'm home, I'm home" (5 letters)
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- 100 "I'm home, I'm home" (5 letters)



### DOWN

- 1 Clothing item worn diagonally (5 letters)
- 2 Put it another way (5 letters)
- 3 Be hat under the collar (5 letters)
- 4 Well-traveled Marmos? (5 letters)
- 5 Inbreeds (5 letters)
- 6 Scientific city came with "The" (5 letters)
- 7 Marmos? (5 letters)
- 8 Sign of disease (5 letters)
- 9 Cooper's tool (5 letters)
- 10 Topical competitor (5 letters)
- 11 Some of the best end-of-the-world (5 letters)
- 12 Truly worthy for (5 letters)
- 13 Lido, esp. (5 letters)
- 14 Dumps of "Lies & Oaths" (5 letters)
- 15 Inbreeds (5 letters)
- 16 New computer (5 letters)
- 17 Rejoice in words (5 letters)
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PUZZLE BY GARY GEL

## # JANRIC CLASSIC SUDOKU

### Level: Easy

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle. The difficulty level ranges from Beginner (level 1) to Super (level 9).



Solution to the crossword puzzle and the Sudoku can be found on Page 28.



## Next week in **QC**

How Sheldon Dingwall built a national musical empire based on instruments he designed in Saskatchewan.

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## EVENTS

What you need to know to plan your week.  
Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # MUSIC

## Wednesday, May 6

**Wednesday Night Folk: Women in Song**  
Featuring Kristi Miller, MFLA and Anna Birch  
Bushwick, 2200 Dewdney

**Open Jam**  
6-10 p.m. Eastview Community Centre, 655 5th Ave.

**The Alley Ganga**  
Lexus, 2330 Albert St.

**Volbeat, Anthrax, Groboc**  
Brudt Centre  
1700 Highway 164

## Thursday, May 7

**Live music**  
Fat Badger, 1852 South St.

**DI Baby Death**  
McNally's, 2226 Dewdney Ave.

**Karaoke**  
8 p.m.-2 a.m. The Dip, 306 Albert St.

## Friday, May 8

**Weekly Drum Circle**  
Instruments provided  
7:30-9 p.m., The Living Spirit Centre, 3019 Dean Dr. Call Mike, 306-552-3391

**Harry Mans**  
The Exchange, 2431 Eighth Ave.

**Karaoke**  
8 p.m.-2 a.m. The Dip, 306 Albert St.

**Johnny McGaugh**  
McNally's, 2226 Dewdney Ave.

**ABBAmania and Bee Gees**  
**'Tilg Fever'**  
Cuzine Regins Show Lounge  
1880 Saskatchewan Dr.

## Saturday, May 9

**Regins Ladies Choir has**  
**musicals**  
512 at the Elbow



Corrie Radnor plays No Exchange on Saturday

2 p.m. and 7:30 p.m.  
Westminster United Church,  
2025 10th Ave.

**Open Acoustic Jam**  
3:30-5 p.m. Broadway's  
Lounge, 1207 Broadway Ave.

**Live music jam**  
All types of music welcome  
Hosted by Enni Kristina  
4-8 p.m. The Dip, 306 Albert St.

**Carolina Rusea**  
Regins Regins Regins  
8 p.m. Cuzine City Centre,  
200 Lakeshore Dr.

**Karaoke**  
8 p.m.-2 a.m. The Dip, 306 Albert St.

**ABBAmania and Bee Gees**  
**'Tilg Fever'**

**Corrie Radnor, Show Lounge**  
1880 Saskatchewan Dr.

**Corrie Radnor, Annette Corrie**  
The Exchange, 2431 Eighth Ave.

**Johnny McGaugh**  
McNally's, 2226 Dewdney Ave.

**Stillewater Poets, Karaoke**  
Cuzine City Centre  
1853 Hamilton St.

**Billy Doral**  
The Pump, 641 Victoria Ave E

## Sunday, May 10

**Open jam**  
2-5 p.m. Mojo Club, 639 Victoria Ave.

**Karaoke**  
8 p.m.-3 a.m. The Dip, 306

Albert St.

**FPI, The Reckless Heroes, Al-**  
**most Alex, The Black Drapes**  
The Club at The Exchange,  
2431 Eighth Ave.

## Monday, May 11

**Monday Night Jazz & Blues:**  
**The Ministry of Sarcas**  
Redwicker, 2209 Dewdney

**Karaoke**  
8 p.m.-2 a.m. The Dip, 306 Albert St.

## Tuesday, May 12

**Karaoke**  
McNally's, 2226 Dewdney Ave.

**Ian Kelly, Judith Morrissey**  
Cuzine City Centre  
1853 Hamilton St.

**Peter Kato**  
Artful Dodger, 1631 18th Ave.

**Pandora**  
Orion's, 1947 South St.

## # VISUAL ART

**Annotated Topography of**  
**Place**

This exhibition by Amber  
Phyllis Bonfanti is a po-  
etic combination of personal  
experiences, reflection and  
revelation of places, spaces,  
people and things from recent  
surrounding environments. It  
is influenced by the 1962 novel  
*An Annotated Topography of*  
*Chance* by Fluxus artist Geri  
Sperli.

Revelation May 6, 7-9 p.m.  
Until June 5  
Inspire Gallery,  
Creative City Centre, 1843  
Hamilton St.

**Wassana Art Show and Sale**  
Artists and Private Art Dealers.  
Free admission  
May 7-8, 10 a.m.-6:30 p.m.  
May 9, 10 a.m.-4 p.m.  
Wassana Rebus Centre, 2380  
32nd Ave.

**Open Session Life Drawing**  
No formal instruction and all  
skill levels are encouraged. The  
model will be nude with the  
exception of a few special es-  
timated sessions. Please bring  
your own drawing materials.  
\$12 per drop-in session  
Thursday, 7-10 p.m.  
Creative City Centre, 1843  
Hamilton St.

**David Ganss: Life No More**  
and other Quilt Paintings  
Until May 15  
Marta Gallery,  
1951-2386 Elwood St.

**David Thauberger Paintings**  
and Prints  
Thauberger creates canvases  
that capture snapshots of  
homes, small-town business,  
prairie landscapes and deep  
mountain lakes in vibrant  
colours and clean, careful  
lines.  
Until June 6  
State Fine Art  
Gallery, 2018 Halifax St.

**Selfie Dominion**  
The elaborate, ever-expand-  
ing work-in-progress of the  
renowned Canadian cartoon-  
ist Beth Goodwin includes  
the confidence of some por-  
trayees post-Operation and  
second World War era, when  
the North American economy  
expanded, manufacturing  
sprawled, and many cities were  
characterized by levels of civic  
engagement rarely seen today.  
Until July 5  
Dunlop Art Gallery — Central  
Branch, 2311-12th Ave.

**Summer Deflection in Con-**  
**temporary Canadian Fine Art:**  
The Artists of Scott Nicholson  
Fine Arts  
Until July 31  
Regins Centre Crossing, 1628  
Albert St.

# EVENTS

What you need to know to plan your week.  
Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)

**Ripoad, Mike Kaupress and  
Lauren Merilind**  
Until May 16, Astoria's Gal-  
lery, 3265 Smith St.

**David Theuberger Road Trip  
and Other Obsessions**  
This exhibition presents a  
dynamic installation examining  
key themes and working pro-  
cesses, developed throughout  
Theuberger's more than 40  
years as a maker and thinker.  
Until Aug. 23, Macquarie Art  
Gallery, 3475 Albert St.

**Harold Gressed**  
2003-1336 South St.  
Open Tuesday to Saturday, 11  
a.m.-5 p.m.

**Nouveau Gallery**  
216 Albert St.  
Open Tuesday to Saturday, 10  
a.m.-5 p.m.

**Older Art and Fine Arts**  
Oil and ink paintings by Cle-  
mentine Uphill, Lorne J. and  
Hazel Sen.  
2014 Smith St. Open Monday  
to Saturday, 10 a.m.-5 p.m.

## COMEDY

**General Society Me. Immer-  
sive CD release**  
Comedian, writer, and facilitator  
of the non-profit program  
Housing through Humour, Ian  
Morrison is using his comedy  
talents to raise money  
and fight the stigma surround-  
ing mental health.  
May 7, 7-9 p.m.  
United Way, 1442 South St.

**The Laugh Shop**  
Live standup every Saturday  
night, 9:30 p.m.  
Marriott Hotel, 300 Victoria  
Ave.

## PERFORMANCE

**Harry Isaacs**  
Robert Carver and Mark Alby  
launch their new poetry col-  
lections.  
May 5, 7 p.m.  
Artful Design, 1031 14th Ave.

**Gremlin**  
Rebecca Lynn Theuber  
May 5, 7:30 p.m.  
May 12, 2 p.m.  
Skenobi at Theatre, New-  
combe Art Gallery, 3475 Albert  
St.

**Living Poets Society**  
Spoken word open mic night.  
Every Tuesday, 9 p.m.  
Kookab Lounge, 2115 Broad St.

## DANCING

**Friday Night Dancing**  
Hosted by Adult Social Dance  
Group. \$5 per couple includes  
tea and coffee.  
Every Friday, 8-10 p.m.  
St. Mary's Anglican Church,  
3037 15th Ave.

**Club 60 Dance**  
Featuring: Lean Ocho  
May 8, 8 p.m.-midnight  
Reine Senior Citizens Centre,  
2014 Winnipeg St.

**Contemporary Simplex Social  
Club dance**  
May 8, 8:30 p.m.-4 a.m.  
Expire Club Hall, 3600 Halifax  
St.

**Rajna Ballroom Dancing  
Club practice dance**  
May 8, 7:30-10:45 p.m.  
Lakewood Church Hall, 3206  
McCallum Ave.

## SPORTS

**Midget Wrestling Warriors**  
May 6  
The Pamp, 641 Victoria Ave E

**Open House**  
Free lawn bowling lesson for  
people of all ages.  
May 9, 10 a.m.-4 p.m.  
Regina Lawn Bowling Club,  
3620 Victoria Ave.

**Rajna Royal Road Race**  
Hosted by The Jalara Place.  
May 9, 9 a.m.  
RCAR, 1907 Dewdney Ave.

**Regina 10 vs. Manitoba**



The Regina Red women's football team opens its 2015 season at Moose Stadium on Sunday (QC staff photo by Mervyn Ladd).

May 16, noon  
Moose Stadium

## FOR FAMILIES

**Stars and Strippers**  
Wednesday, 7 p.m.  
Complex Odeon Southland  
Mall, 3225 Gordon Rd.

**Bake A Difference**  
Combat bullying through bak-

ing baked kindness with a  
cookie.  
Wednesday 5-7 p.m.  
Sweet Ambrosia Bakehouse,  
232 Winnipeg St. N.

**Knitting workshop**  
May 6, 7:30-7 p.m.  
Eastview Community Centre,  
615 6th Ave.

**Drop-in crafts and gym**

Free event for youth ages 5-18.  
Thursday, 4-6 p.m.  
Eastview Community Centre,  
615 6th Ave.

**Drop in Indoor Playground**  
Friday, 9-11:45 a.m.  
Southview Community Centre,  
3400 St.

**Mom and Tot Social Meetings**  
Hosted by Kate Murray, 305-

286-2388.  
Friday, 10-11:30 a.m. Early  
Learning Family Centre, Scott  
Calkins, 3200 7th Ave.

**Youth dance with face paint-  
ing**  
May 8, 5-8 p.m.  
Eastview Community Centre,  
615 6th Ave.

**Build a Snow Globe**  
Build a seasonal feature project  
for children ages 5 and up  
Saturday, 10 a.m.  
Lewins, 4000 Gordon Rd.

**Michael's Kids Club**  
Saturday, 10 a.m.-noon  
2080 Prince of Wales St.

**Family Favourites Film**  
Enjoy a favourite film for just  
\$2.50.  
Saturday, 11 a.m. Galaxy Cin-  
emas, 443 McCarthy Blvd. N.

**Drop in basketball**  
May 11, noon-3 p.m.  
Eastview Community Centre,  
615 6th Ave.

**Family activities**  
Saturday and Sunday, 2 p.m.  
Saskatchewan Science Centre,  
2903 Powerhouse Dr.

**Family 100th Birthdays**  
Sunday, 2-4 p.m.  
Hickman Art Gallery, 3475  
Albert St.

**Parent and Toddler**  
Jungle Gym  
Monday, 5:30-11 a.m.  
Hickman Art Gallery, 3475  
Albert St.

**Science Time for Kids**  
Interactive workshop aimed at  
early learners.  
Tuesday, 5:30-11 a.m.  
Saskatchewan Science Centre,  
2903 Powerhouse Dr.

**Drop in crafts and gym**  
Free event for youth aged 5-18.  
Tuesday, 4-6 p.m.  
Eastview Community Centre,  
615 6th Ave.

## EVENTS

## # MUSEUMS

**Alma Yeck School Museum**  
1603 Fourth Ave.  
Tours by appointment only  
(306-523-3000)

**Civic Museum of Regina**  
1275 Groat St.  
Tuesday-Friday 10 a.m.-4 p.m.  
Saturday noon-6 p.m. Closed  
Sunday and Monday

**Government House Museum  
& Heritage Property**  
4827 Dewdney Ave.  
Tuesday to Sunday, 9 a.m.-6 p.m.

**RCMP Heritage Centre**  
594 Dewdney Ave.  
Open 9 a.m.-5 p.m. daily

**Regina Firefighters Museum**  
1200 Ross Ave.  
Tours by appointment (306-777-7744).

**Regina Planet Conservatory**  
M505 4th Ave.  
Open daily, 1-3:30 p.m.

**Royal Saskatchewan Museum**  
2645 Albert St.  
Open 9:30 a.m.-5 p.m. daily

**Saskatchewan Military Museum**  
6002 (Helmke) Ave.  
Open Monday and Thursday,  
7-9 p.m., or by appointment  
(306-347-9345)

**Saskatchewan Science Centre**  
2603 Powerhouse Dr.  
Tuesday-Friday 9 a.m.-5 p.m.  
Saturday-Sunday and holidays,  
noon-6 p.m.  
Closed Mondays

**Saskatchewan Sports Hall of Fame**  
2205 Victoria Ave.  
Monday-Friday 10 a.m.-4:30 p.m. Closed weekends



Get inked at the Pink O' Bones Tattoo Convention this weekend at the Conexus Arts Centre. QC FILE PHOTO BY MICHAEL BELL

## # OTHER HAPPENINGS

**Regina Farmers' Market**  
Wednesday and Saturday, 9 a.m.-10 p.m.  
City Square Plaza, 12th Avenue  
and South Street

**RCMP Sergeant Major's Parade**  
Wednesdays, 12:45 p.m.  
RCMP Depot Division, 5600  
17th Ave.

**Saskatchewan Children's Camp Galls**  
Canadian Children's Association  
Fundraising Dinner, silent  
auction, entertainment by  
Arfury Straker, special guest  
John Chicks (Saskatchewan  
Penguins) 5:00  
May 7, 8-10 p.m.  
Queensbury Convention Cen-  
tre, 21st Place

**Mary Donaldson Memorial  
Lecture**  
Aboriginal Leadership & Educa-  
tion Our 3rd and Canadian

Journey presented by Gabri-  
elle Scornaienchi  
May 3, 7 p.m.  
First Nations University, 17th  
Nassau Way

**Saskatchewan Fashion Week**  
May 7-9, 9 p.m.-10 a.m.  
Seavus Stage, 1631 Collette Ave.

**Share Your Vision: Interac-  
tive design workshop for a  
neurodivergent artist in Regina**  
A discussion series on how  
getting people and design  
along our city  
May 7, 7 p.m.  
Queen City Hall, 1643 Havelock  
St.

**Taste of Spring**  
May 8-9, 5:00 p.m.  
Dine at 5:00 p.m. Credit  
Union Eventplace

**Spring Clinic**  
Fundraiser to support Mack-  
enzie Infant Care Centre.  
Appetizers, raffle and more  
free tickets (\$10), contact  
randi@infantcarembor.com  
(306-631-4311) or landon@infant  
carembor.com (306-546-6667)

May 8, 6:30-9:30 p.m.  
Victoria Club, 1303 Victoria  
Ave.

**Pink O' Bones Tattoo Con-  
vention**  
May 8, 9-11 p.m.  
May 9, 10 a.m.-10 p.m.  
May 10, 10 a.m.-9 p.m.  
Conexus Arts Centre, 200  
Lakeshore Dr.

**Real Pink Market and Garage  
Sale**  
May 9, 9 a.m.  
Russer Hall, 5154 Place

**Pink market**  
May 9, 10 a.m.-2 p.m.  
at Ritchie Community Centre,  
445 16th Ave.

**Mother's Day Showberry  
Social**  
Moms get free admission  
May 9, 10 a.m.-3 p.m.  
at Our Lady of Peace Parish, 435  
Broad St. N.

**Microchip Clinic**  
\$40 per cat in doc. No ap-  
pointment needed. Proceeds

support Regina Cat Rescue  
and The Pook Project  
May 9, 11 a.m.-4 p.m.  
Minto Pet Market, 1837 Victo-  
ria Ave.

**St. Francis school enter-  
tainer**  
May 9, noon-3 p.m.  
9:30 p.m. dinner fundraiser  
St. Francis Community School,  
40 Milliken Dr.

**Spice Up Your Life**  
Join The Canadian Cancer So-  
ciety and Survivors in a healthy  
eating event and learn about  
sweeping salts and fats for  
heartly spices and herbs. Ses-  
sion features cooking demon-  
stration, free sampling, nutri-  
tion information and more.  
Free admission to register - call  
1-855-725-6213.  
May 9, 1-3 p.m.  
George Selkirk Library.

**Mother's Day Tea Craft &  
Bake Sale**  
May 9, 1-4 p.m.  
St. James Anglican Church,  
1505 Kingsway St.

**Mother's Day Tea and Bake  
Sale**

May 9, 2-4 p.m.  
Westminster United Church  
lower hall, 3025 16th Ave.

**Mother's Day Breakfast**  
\$12 for 80 adults  
May 10, 10 a.m.-9 p.m.  
Eagles Hall, 1620 Havelock St.

**Seventy Planks Pub Trivia**  
Every Sunday, 2 p.m.  
The Lancaster, 4529 Gordon  
Rd.

**Wascana March Bonquet**  
May 12, noon  
Conexus Arts Centre, 200  
Lakeshore Dr.

**Yea and Naezer**  
Baking, crafts and other items  
for sale  
May 12, 2-4 p.m. Qu'Appelle  
House, 1425 College Ave.

**Wings Over Wascana Fund-  
raising Dinner**  
Speaker: Myrna measures  
of hills and farm. Raffle and  
silent auction. Buffet dinner  
Presidents: Wascana Turtle  
Program in Regina, Ricka \$50  
- call 306-537-9799  
May 12, 5:30 p.m.  
Conexus Arts Centre, 200  
Lakeshore Dr.

**Chess/Drop Challenge**  
Drop-in gathering of board  
game enthusiasts  
Every Tuesday, 6 p.m.-mid-  
night  
Buccle Place, 545 Albert St. N.

## # FILM

**The Salt of the Earth**  
Documentary (Thursday-  
Saturday)  
For 40 years, photographer Sa-  
lgado's Salgado has travelled  
worldwide, witnessing inter-  
national conflicts, disasters and  
ecodisasters. Now he embarks  
on the discovery of a saline  
territory, wild fauna and flora  
and precious landscapes, a  
huge photographic project and  
tribute to the planet's beauty  
Salgado's life and work are re-  
vealed by his son, Juliano, who  
accompanied him during his  
last journeys, and stunning  
filmmaker and photographer  
Van Wieringen

# EVENTS

## Miss Julie

**Drama (Thursday-Sunday)**  
Over the course of a midsummer night in Fennengahe in 1899, an emotional daughter of the Anglo-Norwegian society encourages her father's valet to seduce her. Starring Jessica Chastain, Colin Firth and Samantha Morton.

## Seven Lake

**Ballet (Sunday 3 p.m.)**  
Anthony Dowling's production of the ancient romantic ballet shows upon the audience of 1890s Russia.

## Gardens of the World

**Comedy/Musical (Saturday 3 a.m.)**  
Celebrate Saskatchewan Fashion Week with this hilarious, recently restored, technicolor classic! You'll marvel at the wonderful fashions, cheer the cleverness of the script,

laugh at the silliness of the 1930s setting, and bask in the brilliance of two witty, high-style choreographers (Morton Monroe and Jane Russell) who provoke mischief and intrigue on a fun-clip to France.

**Angus Public Library Theatre**  
2311 126 Ave., 306-777-5104

## D-Day 3D Normandy 1944

**Documentary**  
On June 6, 1944, the largest Allied operation of the Second World War began in Normandy, France. This film provides a new, pioneering look at this moment in history, blending multiple cinematic techniques including animation, CGI, and live-action images.

**Journey to the South Pacific**  
**Documentary**  
Narrated by Cate Blanchett, this is a breathtaking ad-



Colin Firth and Jessica Chastain star in *Miss Julie*, which screens this weekend at the SPL Theatre.

venture to the lush tropical islands of remote West Papua, where the fourishes above and below the sea. Join Jane, a young island boy, as he takes

us on a journey of discovery to this magical place where we encounter whale sharks, sea turtles, manta rays and other exotic creatures of the sea.

## Jerusalem

**Documentary**  
An inspiring and eye-opening tour of one of the world's oldest and most enigmatic cities. Destroyed and rebuilt countless times over 5,000 years, Jerusalem's enduring appeal remains a mystery. The film follows three young Jerusalemites and their families — Jewish, Christian and Muslim — as archeologist Dr. Joel Muggins explores some of the most extraordinary historical sites in the region. Narrated by Benedict Cumberbatch.

## Kramer vs. Kramer

**2013 Powerhouse Dr.**  
306-522-4629

## #NEW MOVIES

### Hot Pursuit

**Comedy**  
A by-the-book cop (Jesse

Weissenberg) and a drug boss's widow (Sofia Vergara) try to evade crooked cops and vicious assassins as they go on the run through Texas. They learn a lot about both their names when they realize they've been set up.

## Galaxy Christmas

**420 McCarty Blvd. R.**  
306-822-9098

## Cleopatra

**Southland Mall Cinema**  
3379 Glenview Rd., 306-355-3367

## Reinbow Cinema

**Golden Mile Shopping Centre**  
3606 Albion St., 306-359-5250

Search for full-time or part-time community service opportunities QCC listings online and/or in print. Please visit [www.qcc.ca](http://www.qcc.ca) for more information.

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**Search for the City of Lost Toys**

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**Based on the hit TV show on Nickelodeon**

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# GARDENING

# GARDENING IN SASKATCHEWAN

## Clematis guaranteed not to disappoint

By Sara Williams

Clematis are among our most beautiful vines: some do very well on the Prairie with average care, while others need cold-draft coupled with protected macro-climate, and yet they still may not save the season.

However, in garden centres and nurseries, they all share equal space. So how do you know if the plant you're getting is ruggedly hardy or needs shelter? Begin with the Latin or botanical name — it's always listed on the plant tag in a small font.

The hybrid of two species, *Clematis alpina* and *Clematis macropetala* are among the loveliest and toughest. They vary in height from 2.5 to four metres, climb by means of twining leaf petioles and bloom

on the previous year's growth from late spring to early summer. Blooms need little pruning unless they're blocking a window or an arbour.

They benefit from being planted in deep, organically enriched soil with a 10 cm layer of organic mulch at their base, and deep watering (to a depth of 40 cm) every two weeks. Bloom is greater if the vine is in sunlight. These clematis are hardy, easy to grow and vigorous. No fuss, no muss.

The alpine clematis (*Clematis alpina*) is native to Europe and Asia, has bi-lobed compound leaves (resembling oak leaf) and one state of three groups of three lobes, produces bell-shaped flowers in white, pink or blue and generally reaches a height of two to 2.5 m. Among these vigorous are 'Ridge' with deep pink flowers, 'Willy' with pale pink flowers with a darker edge, 'Co-

sloner' with almost red flowers, and 'Francis Russell' and 'Pamela Jackson' with blue flowers.

The large petalled clematis (*Clematis macropetala*, native to China, is slightly taller generally between 3.6 and four m with bell-shaped flowers. Prairie plant breeders such as Frank Skinner and Russ Zubrowski developed several cultivars. Among the Skinner introductions are 'Blue Bird' with lavender blue flowers, 'Booy O Grady' with long pink pointed sepals, and 'White Pearl' with flowers as you would expect — more white. 'Joe Jay' (bearing one of his father's names) of horticulturists, has double purple flowers and was introduced by Russ Zubrowski of Prairie River. Other *Clematis macropetala* cultivars include 'Lillian' and 'Maudslayi' with blue flowers, and 'Markheim's Pink' with pink flowers.



McKenzie clematis is a beautiful and hardy vine with deep purple flowers and is well suited to life on the Prairie. PHOTO COURTESY SARA WILLIAMS

Spoil Your Mom!

### MOTHER'S DAY BRUNCH

Sunday, May 10<sup>th</sup>

10:00 am - 2:00 pm

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# GARDENING



Clematis integrifolia

Golden clematis (*Clematis ligularis*) and purple traveller's joy (*Clematis recta*) are both large, very vigorous drought tolerant and determinately bushy plants are excellent as ground covers for large areas on a sunny exposed hill or bank or for hiding something large and/or ugly such as a neighbour's detestable shed (temporarily plant in the corner of driveway). These vines look worst grown so consider carefully where you place them. A long blooming and highly more combined cultivar of the golden clematis is 'Bill Mackenzie'.

Quite different from all of the above are the cultivars of herbaceous *Clematis integrifolia* and the climbing *Clematis pulchella*. They begin growth each spring at ground level and climb to about three to five metres on the current season's growth. In late summer although the roots survive, the aboveground portion is killed in fall level each winter and must be pruned off. In early spring one of the best known of these is 'Blue Boy', introduced by Frank Skinner in 1907. A more recent introduction from Latvia is 'Pompeii Herald' with light red flowers.

Try some of these. You won't be disappointed.

*Steve Wilkins is the author of the recently revised Creating the Prairie Xeriscape and the Sustainable Forestry Farm Plan & Soil & Photographic History. Ask back from Minnesota.*



Clematis ligularis



Clematis recta

Here will also be listing a tour to Ireland in September. For more information, call Ruth at 1-800-770-2378.

This column is provided courtesy of the Saskatchewan Perennial Society ([www.saskperennial.org](http://www.saskperennial.org), [horti@perennial.org](mailto:horti@perennial.org)). Check out our bulletin board or e-mail for upcoming garden information sessions, master gardeners courses at the University of Saskatchewan (<http://www.usask.ca/mastrygarden/>).

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## # ASK ELLIE

# Loss of intimacy may be medical as well as emotional

**Q.** We've been married for three years, together for seven. I'm 34, he's 32.

Two recently lost interest in sex with him, and while I've grown fond of her, he's become increasingly distant.

He's always been very private. He needs rather than has. If I ask a direct question, he either refuses to answer or pretends to not hear it.

I usually say whatever I think and feel.

His family life was quite different from mine. He doesn't have strong emotional attachments to his family (known parents). His mother's been divorced for a while. His relationship with his father is very strained.

He doesn't have close friends. I'm the only person who knows him well. His own family knows very little about him, as they can be quite self-oriented and he's so private. I don't feel the same emotional connection to him and would be happy to remain in a solid marriage.

I enjoy spending time with him, watching, and sharing common interests. I have an interest in know-

## Ask Ellie



ing him, but if he wanted to leave, I'd understand.

### Confused and indifferent.

**A.** Look beyond your differences (which you must've seen much earlier in seven years together) and consider why you married this man not so long ago.

Then, remembering also the things that you do enjoy together, get proactive about what's recently affected your changed feelings.

Given your situation (in sex, your low standing mood and indifference may come from a medical cause, or a gynaecological one such as early diminished estradiol, for which there are treatments and/or natural therapies.

It could be a tragic mistake if health issues are missed, to just push your partner away with "frugality" with out probing why it's happened.

Then, talk out some of your differences with professional guidance, or couples counselling.

You need to find out how much these different personalities and backgrounds really matter to your compatibility and connection, since you deal with any other contributing factors.

**Q.** I'm an alcoholic. Three years ago, I quit drinking. Thanks to the ongoing support of my friends at Alcoholics Anonymous, my life has improved and changed in ways I didn't think possible.

But I miss my old friends. I have a group of girlfriends whom I've known for years. We have casual weekends away and other events during the year.

During my recovery I haven't been able to attend all the events because of the drinking. I find my friends are uncomfortable and me more so. No

one asks me how my recovery is going. They seldom call or email me. Should I back away or how do I tell them I miss them?

### Lost Drinking Friends

**A.** You know too well how important it is for your recovery to avoid the old situations in which alcohol was a major presence.

Your friends know about your recovery, but haven't had your courage to face their own dependence on alcohol at the group events.

Since it appears that some have come forward individually to get together with you over coffee or an alcohol-free drink, it seems that they would still be a negative influence socially.

You've already taken the toughest road to sobriety and been successful for three years. Don't risk the contact.

Lean on the reliable support of your AA pals, and say other friendly and friends who've acknowledged and reported your recovery.

One or two of the old friends may one day come around as their own path to recovery. As you know, that has to come of their own choice, not

their own time.

Meanwhile, protect yourself.

**Q.** My friend is afraid to tell people that he likes others of the same gender.

I don't know what to do because every time I try to help him overcome his fear of people judging him, he just pushes me away and I don't want him to do that.

I want him to be open about his sexuality and tell others so he can actually get to know someone with out pretending that he doesn't like them and also pretending that he's not homosexual.

### Caring Friend

**A.** "Caring" is important as a friend, but interfering in this person's coming out is not your role.

He already knows that you're more than comfortable with the fact that he's gay. But he's the one who has to take the steps to being open, if and when he chooses.

Back off and respect his right to deal on his own, unless he asks for help.

# TEETHING

# PAIN

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# WINE WORLD

## # SASKATCHEWAN WINE SCENE

### A wine to match a celebratory living style

By James Romanow

For more than a century the wine of choice

among the cognoscenti was German, usually referred to as "Stück" or "Meist". The latter is actually a region so it should be mildly precise, but really all those words generated was a crisp, floral, refreshing white wine.

German wines had something of a resurgence in the 1970s, but the cry for France pushed them to the fringes in the last few decades. In fact, I think it was only the technique of sommeliers and winemakers that kept the wine on the radar.

Reading, the main German grape, is an ancient indigenous wine that every one should have in their cupboard. The cry for dry wine was sent to it by the bunch as the 90s, but as sommeliers have crept up in the last decade, people have rediscovered the joys of German wine.

The Germans have started to adjust to their

love of partying. (Hint: If a German invites you to a party, you have three choices — live the night or lose the next three days of your life. I've known simple train rides in turn into events that would leave a Russian on their knees.) It was only a matter of time before that wine packaging reflected their celebratory style of living.

Crazy Life is a wine with mischief, blarney. It took me a few minutes to figure out the name of the stuff. It's a mischievous, playful, crisp, dry wine with the crisp, edgy flavors of Riesling.

There's a great sort of tension here, mostly because it's a slightly barbed, but fun. If ever there was a wine for Asian food, this is it.

Crazy Life, \$14.99/\*\*\*\*

Thrilled to see it at Mendenhall's (and it's not a bad one for your next dinner) in the next QC. Lots more on Twitter @jamesromanow



## Crossword/Sudoku answers

S	O	B	I	G	T	A	L	C	A	N	I	E
A	R	O	M	A	A	R	O	O	D	A	B	A
S	T	I	E	G	F	O	Y	D	O	Y	Z	E
H	O	L	L	O	W	M	A	S	D	A	N	
C	R	O	S	S	E	G	L	E	S	S		
C	R	O	A	D	I	N						
O	E	N		E	S	A	U		L	O	N	I
S	Q	U	A	T	I	N	G	F	L	O	W	E
E	S	P			C	I	A	O		I	B	M
			B	O	A							
T	R	I	C	A		A	N	D	L	E	S	
Y	I	P		O	T	R	O		S	H	A	L
F	R	A	N	K	S	T			A	B	O	T
E	A	S	E		A	O	N	E		T	A	B
A	L	S	O		S	O	D	A				

5	4	7	2	3	1	8	9	6
8	9	6	4	5	7	2	3	1
1	3	2	9	6	8	7	5	4
7	5	1	8	9	2	6	4	3
3	8	9	6	7	4	1	2	5
6	2	4	5	1	3	9	8	7
2	1	5	7	4	9	3	6	8
4	7	8	3	2	6	5	1	9
9	6	3	1	8	5	4	7	2

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